



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"Care is a state in which something does matter, it is the source of human tenderness." ~ Home Helpers*

## Caregiver Tip: Advanced Healthcare Directive

National Healthcare Decision Day begins April 16, 2017. During this week, individuals of all ages are encouraged to establish an advance healthcare directive. This directive ensures that your medical wishes are carried out by appointing someone to speak on your behalf if you are unable to do so, or by documenting the types of medical treatment you would want in a medical crisis. Here are tips for the first three days to get you started.

- Sunday, April 16: Start getting your resources together.
- Monday, April 17: Think about your own healthcare decisions.
- Tuesday, April 18: Begin discussing your wishes with family and friends, and learn their wishes too.

Get your advance directive and review the entire week's goals at <http://www.nhdd.org>

**Caregiver Support Group**  
**Wednesday, April 5, 2017**  
**4-5:30 p.m. at the**  
**Alexandria Adult Day**  
**Services Center**

## Resources:

**Community Services Presentations:** Transitional Care Community Partners will answer questions about caring for your loved one. April 5, 6-7:30 p.m., at Sherwood Library and May 1, 6-7:30 p.m., at Beatley Central Library. For more information or to RSVP call 1.855.694.6682.

**Free Tax Preparation for Alexandria Residents:** The City of Alexandria is offering free tax preparation for taxpayers with incomes below \$35,000 for individuals and \$54,000 for families. Tax assistance is available at 2525 Mount Vernon Avenue, Saturdays 9 a.m.-Noon or Wednesdays 6:30-8 p.m.

<https://www.alexandriava.gov/dchs/info/default.aspx?id=89504>

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For questions, comments or to remove your name from our mailing list, please email [pamela.austin@alexandriava.gov](mailto:pamela.austin@alexandriava.gov) or call 703.746.5738.



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